

SENIOR SPIRIT

NEWSLETTER OF THE CONCORD COUNCIL ON AGING

May 2022

Introduction to Vintage Racing – Presentation by Phil Gott with John Gardella

In-Person: Thursday, May 19th from 1:00 PM to 2:00 PM

Fueled by Baby Boomers with the time and money to revisit the cars of their dreams, Vintage Racing is one of the fastest growing forms of motorsport. Veteran racer Phil Gott will introduce you to this many-faceted sport. The presentation will cover the sport, the cars, the men and women involved, who can be part of it (hint: everyone!), and where local events are held and how you can participate (vintage car not required). Courtesy of Phil's son David, there will be a brief behind-the-wheel view of vintage racing filmed at Lime Rock Park. Weather permitting, Phil will bring his 1965 Triumph TR4A champion vintage racecar for you to look over. John Gardella has also enjoyed this sport over the years. There will be plenty of time for questions and discussion. This program is funded by Harvey's Treasure Chest Gift Shop and offered free of charge. Please call the COA office to make your reservation.



Computer Security for Seniors by Bob Supnik – On Zoom

Tuesday, May 17th at 2:00 PM

Bob Supnik, our ace volunteer, who fixes older computers for seniors, is providing a Zoom tutorial on protecting your computer from scams. Seniors are increasingly the targets of email and phone scams, as well as computer malware of all types. This talk is aimed at helping seniors protect themselves from scams and malware. It will cover commonsense protection measures for your computers and mobile devices, how to recognize scams, and what to do if you should fall victim. Please call to sign up and to get your Zoom link.

Hike with Bob White at Powder Mill Woods

Wednesday, May 25th from 10:00 AM to 11:00 AM

Join Bob White, a volunteer for the Town of Concord's Division of Natural Resources, for a group hike in Powder Mill Woods. Powder Mill Woods is comprised of glacially formed topography marked by numerous kettle holes and terraces. It has an interesting history with ruins of gun powder manufacturing in hilly but manageable terrain. Trails follow 19th century cart paths and narrow-gauge railroad beds. The walk will take place on Wednesday, May 25th from 10:00 AM to 11:00 AM. The meeting place is in the Thoreau Club parking lot on Forrest Ridge Road. Drive up to the rotary and take the second right into a small parking lot. Access to the trails is nearby. Please meet the group there by 9:50 AM. This walk is limited to the first 15 people that call to reserve.

Race & Equity in the Twenty First Century – In-person

Two-part Series: Tuesdays May 17th and 24th from 1:00 PM to 2:00 PM

Twentieth-century racism was blatant, intentional, and generally undisputed and led to the passage of civil rights laws. Twenty-first century racism, on the other hand, is more subtle. Join Assistant Director, Lauren Barretta for this two-part discussion on race and racism, and discuss how we can build racial equity in our society. White supremacy culture influences our laws and our institutions in ways that have come to feel like the norm. If we don't "see" it, how do we change it? Do you identify as anti-racist? Would you like to identify your blind spots when it comes to race and discrimination? Let's start a discussion. Tuesdays May 17th & 24th at 1:00 PM. This program is limited to 15 participants. Please call the COA to sign up.

The Concord Council on Aging will be closed on May 30th to observe the Memorial Day holiday. There will be no programs or van service that day.

CONCORD COUNCIL ON AGING - TELEPHONE: 978-318-3020

VOLUNTEER NEWS & OPPORTUNITIES

*The COA Volunteer Coordinator position is funded in part by the Concord Carlisle Community Chest
Contact Vikki Jacobson to volunteer or ask questions: 978-318-3020 / vjacobson@concordma.gov*



We still have many of you on our computer 'Wait List'. Donations slowed but we continue to be creative in finding donors of computer devices under 10 years of age. Our hope is that donations will pick up and we can call you soon. Please remind your family and friends, if they are upgrading their computers to consider donating their replaced model to the COA.

Can you consider becoming a **FRIENDLY VISITOR**? Friendly visitors are asked to visit a Concord senior in need of a little extra company weekly. You will work with the senior to establish the times and days that are mutually convenient. A friendly visitor needs to be warm and friendly, maintain confidentiality, and be reliable. The purpose of the friendly visitor program is to offer an opportunity for social interaction, contact, communication, and stimulation to isolated senior citizens in our community. A friendly visitor is not expected to provide personal care for the senior or any house chores. Please consider 'answering the call' and make an enormous impact on a senior who would enjoy your company.

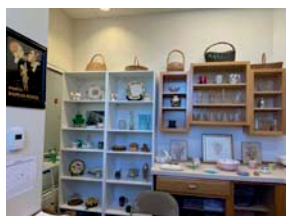


We had more calls than ever for **Spring Yard Clean Up** but fewer hands available to help. We are trying to accommodate as many as possible and are continuing to look for more volunteers. We will call folks on the waiting list if more slots open.

LUNCH HELP In-person lunches are slowly coming back on Wednesdays. We are lucky to have some veteran volunteers return, but we could use a few more hands. Duties range from table setting, water pouring, buffet style serving, clearing, cleaning and yes, dishes! Typically, we ask two hours of your time, and we will be staggering the times you need to come in to help. Activity Coordinator, Tina Close directs all the prep and service, plus she is fun to work with. Lunches are friendly and enjoyable at the COA and we're excited to have them back. Please contact Vikki if you can help.



PAPER SHREDDING We hope to offer a paper shredding event next month and we're looking for someone who can help. You'll need to be able to feed 1 – 2" of stock into the shredder. You won't be alone because we ask any person whose documents we are shredding, to stay and watch their papers reduce to spaghetti! It's an easy job and a helpful one. We can work with your schedule. Please contact Vikki.



DONATIONS!! Harvey's Treasure Chest Gift Shop is thriving and when it thrives, its merchandise dives! The shop is encouraging and accepting donations of previously owned gift items, jewelry, china/porcelain, small lamps, small household gadgets, pocketbooks, and all in-good-shape bric-a-brac. Please spread the word to your family, friends, and neighbors! And look for new items at Harvey's Online! Shop Hours: Monday – Thursday from 10:00 AM - 2:00 PM. As always, all proceeds directly benefit the COA.

The Inn at Robbins Brook

ASSISTED LIVING • MEMORY CARE

Where We Treat You Like Family

10 Devon Drive, Acton, MA 01720

Call Today! 978-264-4666

ECKEL, HOAG & O'CONNOR
ATTORNEYS AT LAW

G. MITCHELL ECKEL, III, J.D., LL.M. (RET.)
MARGARET A. HOAG, J.D.
KATHLEEN M. O'CONNOR, J.D., LL.M.
KATHRYN E. KOCHENOUR, J.D.

Estate Planning • Elder Law • Long Term Care • Medicaid
Guardianship • Conservatorship • Real Estate
Estate, Probate, and Trust Administration

ACTON, MA www.eckel-law.com 978-266-0101



Goodbye to Laurie

As we are sure many of you know, we said goodbye last month to Laurie Austin, our Administrative Assistant. Laurie was the smiling face and the kind greeting as you walked into the COA offices. She now has taken a position with the Town Clerk's office. We wish her well in her new position and this new phase in her career. Her kindness and efficiency will be missed.

Ask A Lawyer – In-person Thursday, May 26th – by appointment

In this program, local attorneys volunteer their time to answer your individual legal questions during a complimentary 30-minute consultation. This month appointments will be available Thursday May 26th from 9:00 AM to 12:00 noon. We ask that you only take advantage of this once a year so that many can benefit. Please call the COA to make an appointment.

Facebook: Pictures, Events & More

The Council on Aging is on Facebook! If you aren't already following our page, it's not too late! Check out our page to stay informed of upcoming activities and see photographs from past events. We will also share interesting and informative articles. If you want to follow all the updates, log on to facebook/ConcordCOA and click on the little thumbs up to "like" our page. If you already follow us, encourage others to follow as well.

Please note: The COA carefully selects programs after receiving a recommendation from a trusted source or checking references. The Town of Concord and the COA do not necessarily endorse speaker's viewpoints. In addition, while we appreciate the advertisers who support this newsletter, we do not specifically endorse any products or services.

Dee Funeral Home & Cremation Service

Serving All Faiths Since 1868
Concord's Oldest & Largest Funeral Home
Over 150 Years of Compassionate Service

978-369-2030

www.deefuneralhome.com



John J. Arena III



Susan M. Dee



Charles W. Dee

REMEMBER ♣ HONOR ♣ CELEBRATE

Life Celebration[®] by

CONCORD
Funeral HomeSM

& CREMATION SERVICE

*We are proud to be family owned, operated,
and occupied since 1936*

(978) 369-3388

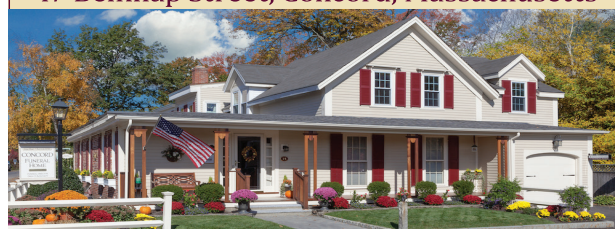
Glenn D. Burlamachi, CFSP

Owner, Funeral Director

(Mass. License 7582 - Type 3)

Email: glennb@concordfuneral.com

47 Belknap Street, Concord, Massachusetts



www.concordfuneral.com

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain • (508) 231-6378

www.trainwithshain.net

trainwithshain@gmail.com

ACSM certified cpt/hfi

CPR/AED certified

Fully Insured

LIFE CARE CENTER OF ACTON

To us, life is
everything.

Experience our collaborative approach
to post-hospital care. We offer physical,
occupational and speech therapy
including our rehab-to-home program.

Skilled Nursing and Rehabilitation

www.lcca.com/acton

1 Great Road Acton MA 01720 + 978-263-9101



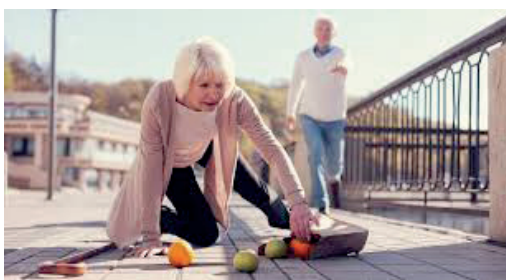
BRIAN MURPHY
itman

In-home Mac or PC Help
Hardware & Software Install
Training | Upgrades
Virus & Malware Removal
Remote assistance and pickup & drop-off

Brian@The-IT-Man.com

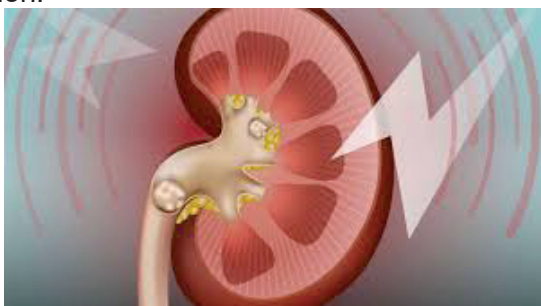
978-369-3348 | WWW.THE-IT-MAN.COM

HEALTH & WELLNESS



Falls and Balance – In-person Tuesday, May 10th at 2:00 PM

A fall can diminish function, cause injury, or increase your fear of falling. Preventing a fall is the key. Please join Physical Therapist and Geriatric Clinical Specialist, Tami DeAngelis, on Tuesday, May 10th at 2:00 PM for a presentation on falls and balance. You will learn about potential fall risk factors and strategies to decrease your risk and improve your balance. Whether or not you have had a fall recently, you may be at risk. Early intervention is key to helping prevent many of the negative consequences of a fall on your health, function, and quality of life. Bring your questions as there will be plenty of time for discussion. Please call the COA to sign up for this in-person presentation.



Exploring Kidney Stones – In-person Tuesday, May 31st at 1:00 PM

Kidney stones are hard deposits made of minerals and salts that form inside your kidneys. Kidney stones can affect any part of your urinary tract, from your kidneys to your bladder and can be very painful. Please join Geriatric Health Nurse Valerie Boggia on Tuesday, May 31st at 1:00 PM for a Listen & Learn on kidney stones. Valerie will discuss symptoms, causes, risk factors, diagnosis and treatments. As well as tips for prevention. Please call the COA to sign up for this in-person presentation.

Blood Pressure Screening

Wednesdays, May 4th, 11th, 18th, 25th
9:30 AM – 11:30 AM

Appointments are required. Please call to register for a 15-minute appointment with our Geriatric nurse, Valerie Boggia.

Ask the Pharmacist with Diane Briner RPh of West Concord Pharmacy

Wednesday, May 18th
9:30 AM – 11:30 AM

Appointments are required. Please call to register for a 15-minute appointment.

Podiatry Clinic

Dr. Ayleen Gregorian
Friday, May 13th
9:00 AM to 12:00 PM
by Appointment

Dr. Gregorian can accept two different forms of payment for her services at the COA. 1) Direct pay of \$35 per visit and she will provide you with a receipt upon request to submit to your insurance company for possible reimbursement or 2) You may schedule a one-time appointment with her in either her Sudbury or Bedford office to get established for her to bill your insurance directly for all future appointments at the COA. If interested in this option, please contact Dr. Gregorian's office directly at 978-501-7176.

Dr. Dan Seligman
Monday, June 13th
9:00 AM to 11:30 AM
by Appointment

Direct pay only, for a fee of \$35. You may ask for a receipt to submit to your insurance for reimbursement, if eligible.

Sustainable Concord – Presentation by Amanda Kohn Thursday, May 26th at 1:00 PM

Amanda Kohn is our new Sustainability Director, and she will come to the COA to speak about Sustainable Concord, the town's first climate action and resilience plan. Sustainable Concord is our roadmap for prioritizing sustainable projects and initiatives town wide. She will also provide a brief overview of what you can do to join the sustainability movement. We will have plenty of time after the presentation for discussion so be sure to bring your questions with you! Reservations are required. Please call the COA to sign up.

**Hearing Loss Support Group – on Zoom
Tuesday, May 10th from 1:00 PM to 2:00 PM**

The Hearing Loss Support Group, facilitated by COA volunteer Bob Andrews, provides an opportunity for people with diminished hearing to share and discuss the impact that hearing impairments have on their lives. This group meets the **2nd Tuesday of each month at 1:00 PM**. Come for peer support, tips and tricks, and an opportunity to meet others with similar concerns. If you have not participated in this group before, please contact the COA at 978-318-3020 to sign up and we will send you the Zoom link.

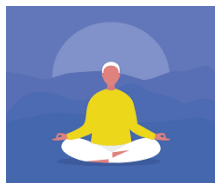
**Caregivers' Support Group – Hybrid In-person & on Zoom
Tuesday, May 24th from 10:30 AM to 12:00 PM**

This group is open to all caregivers, regardless of diagnosis, and meets the fourth Tuesday of each month. There will be time designated for caregivers to share experiences and gain support. Group size is limited to 15. Eligible group members include Concord residents who are over age 60 or the caregiver for someone who is over age 60. The group will be hybrid style, in-person and via Zoom. The group is facilitated by COA Social Services Supervisor, Nicole Saia. Pre-registration is required. Please contact Nicole by emailing nsaia@concordma.gov or call the COA at 978-318-3020.



**Low Vision Support Group - On Zoom
Wednesday, May 25th at 1:00 PM**

The low vision support group, facilitated by Jeff Lowe - a volunteer supported by the Massachusetts Association for the Blind and Visually Impaired (MABVI), meets the last Wednesday of each month. This month's guest speaker is Robin Putnam, Research & Special Projects Manager with the Office of Consumer Affairs. She will offer a comprehensive presentation on avoiding scams and identity theft. Please call the COA to register and to receive the zoom invitation.

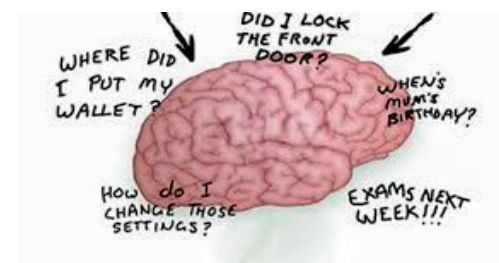


**Mindful Meditation Classes with Ed LeClair – on Zoom
This Series of Classes ends on May 12th - New Classes Start in the Fall**

The current meditation class with Ed LeClair ends on May 12th, and Ed is taking a hiatus for the summer. Please watch the COA newsletters at the end of the summer for information about another series of meditation classes that will start in the fall. There is no charge for these classes.

**Memory Training – In-person
Thursdays, May 5th, 12th, 19th and 26th from 2:00 PM to 4:00 PM**


This four-week memory training program is designed to improve or maintain your memory ability. The course targets the four most common memory complaints: forgetting names and faces, forgetting to do things, forgetting where you put things, and "tip of the tongue" memory challenges. This program will aid those experiencing normal age-related memory challenges and is not designed for folks with a diagnosis of cognitive impairment or dementia. There are just a few spots remaining, so please call to inquire about availability. This training is offered free of charge.



Newbury Court

Distinctive Retirement Living
Suites Now Available
978-369-5155
www.newburycourt.org

Abundant Life
COMMUNITY



The Timothy Wheeler House of Concord
www.timothywheelerhouse.com

110 Walden Street
Concord, MA 01742
978-369-3771

Independent Living
for Senior Citizens

THE DiGIOVANNI FAMILY
Guy P. DiGiovanni, Trustee

PERIOD
FOR QUALITY RESIDENTIAL AND
COMMERCIAL RENTALS

REALTY

144 Sudbury Road
PO Box 1130
Concord, MA 01742
(978) 369-1827
www.periodrealtytrust.com

TRUST

COA Cinema – In-Person

Fridays at 12:00 Noon

Please Call the COA Office to Reserve a Seat.



May 6th – People Like Us – When Sam flies home for his estranged father's funeral, the reading of the will reveals a sister he never knew he had – and an order for Sam to bring his alcoholic sibling and her young son their inheritance. Cast: Chris Pine, Elizabeth Banks, Olivia Wilde, Michael Hall D'Addario, Phillip Baker Hall, Michelle Pfeiffer, and more. **(Drama; 2012; PG13; 1h 55m)**

May 13th – Forever My Girl – A high school football star with high ambitions jilts his fiancée and leaves his hometown in the dust. Ten years later, he's a country music star, but he misses the home and the woman he left behind, and he's come back to claim them. Cast: Alex Roe-Brown, Jessica Roth, Abby Ryder Fortson, Peter Cambor, and more. **(Drama; 2018; PG; 1h 44m)**

May 20th – Rudy – In this fact-based drama about the triumph of the human spirit, a scrawny high schooler dreams of playing football at Notre Dame, but his father can't afford to send him. After initially going to a local college, Rudy transfers to Notre Dame where he joins the school's practice squad. Cast: Sean Astin, Jon Favreau, Ned Beatty, Greta Lind, Scott Benjaminson, and more. **(Real-Life Drama; 1993; PG; 1h 54 min)**

May 27th – Finding You – When her audition for an elite New York conservatory goes awry, an aspiring violinist travels to a quaint Irish coastal village for a semester abroad. At the B&B of her host family, she encounters a charming heartthrob movie star who helps her find the heart and passion that was missing in her music. Cast: Rose Reid, Jedidiah Goodacre, Katherine McNamara, and more. **(Romantic Comedy; 2021; PG; 1h 55m)**

June 3rd – Same Kind of Different as Me – In a bid to save his marriage, a successful art dealer extends a helping hand to an eccentric homeless man he meets through his wife. As the relationship between the men evolved into a bond, it opens new perspectives for both. Cast: Greg Kinnear, Renee Zellweger, Djimon Hounsou, John Voight, and more. **(Drama; 2017; PG-13; 1h 59 min)**

Monthly Broadway Musical Series (Cinematic Version)

The King and I – Showing Tuesday, May 24th from 12:30 PM to 3:15 PM



Join your friends on the fourth Tuesday of each month to watch a Broadway musical at the COA. This month's musical, **The King and I**, stars Yul Brynner and Deborah Kerr. This musical masterpiece tells the true story of an Englishwoman who comes to Siam as a teacher to the royal court in the 1860s and finds herself at odds with the stubborn monarch. Brynner's Academy Award-winning performance, and the unforgettable Rodgers and Hammerstein score, give this film its enduring charm. The cast also includes Rita Moreno, Martin Benson, Terry Saunders, and Rex Thompson. (Classic Musical, 1956; Rated G; 2h 13m) Please call the COA office to sign up.

Virtual Sock Hop with DJ OldSkool – on Zoom

Thursday, May 19th from 2:30 PM to 3:30 PM



Join DJ OldSkool's Virtual Sock Hop on Zoom on Thursday, May 19th from 2:30 PM to 3:30 PM to hear your favorite big band, rock and roll, doo-wop, 50s and 60s tunes, and other songs for your listening and dancing pleasure. Put on a pair of clean white socks, leave your shoes at the door, and join the fun at this month's Hop! There will be interactive chat to share memories too. Please let the other kids on the block know it's happening and be sure to make your reservation at the COA so you will receive a Zoom link to get into the party. See y'all there!

Our Residents *are a lot of things*

- Involved
- **Vibrant**
- Interested
- Educated

Retired
isn't one of them.

We are a community of seniors living with vibrancy, dignity, engagement and *fun*.

Tour The Commons in Lincoln and discover our activities, volunteer opportunities and available programs.



The Commons
IN LINCOLN
A Benchmark Signature Living Community

781-728-3043 • TheCommonsInLincoln.com

“Spring Fling”**Grab & Go Lunch Sponsored by the Concord Friends of the Aging****Pick-Up Wednesday, May 11th from 11:00 AM to 11:45 AM**

The Concord Friends of the Aging are sponsoring a “Grab & Go” picnic lunch prepared by Trail’s End Restaurant. Choose from a Turkey Club, Tarragon Chicken Salad Sandwich, or a Crunchy Asian Salad with peanuts. Each box comes with chips and a cookie. Lunches will be distributed from the Harvey Wheeler Community Center parking lot Wednesday, May 11th from 11:00 AM to 11:45 AM. Please stay in your car and pull up to the tent. **Reservations are required. Call the**

COA with your selection by May 4th.**Passport Club - A Monthly Live Virtual Travel Experience!****Tuesday, May 3rd from 10:00 to 11:00 AM - *Walking Tour of Athens, Greece*****Wednesday, June 1st from 10:00AM to 11:00 AM - *Walking Tour of The Casbah, Algeria***

Join these live walking tours in May and June with professional guides set up by our tour partner, Beeyonder. These live presentations will take place on Zoom on the big screen in the COA auditorium. They are sponsored by Harvey’s Treasure chest Gift Shop and are free of charge. Reservations for both tours open on May 1st. Please call the COA office to reserve!



Walking Tour of Athens Greece – Tuesday, May 3rd; from 10:00 to 11:00 AM - Greek hospitality is well-known, not only in the islands but in Athens too! We will walk on the oldest street of Athens called Tripodon, located in the famous Plaka area, see some amazing sites of the past, and marvel the sacred rock of Acropolis from afar. We will show you the best of Athens and learn about the Ancient Greeks’ daily routine and compare it with a day in the life of a contemporary Athenian.

Walking Tour of The Casbah, Algeria – Wednesday, June 1st; 10:00 to 11:00 AM - The Casbah is the old city of Algiers which is the capital city. It has been classified as a World Heritage Site by UNESCO since 1992. We’ll begin the tour from the top of the Casbah on a street called Bab Djadid. We will then walk through the narrow streets discovering the unique corners and shops, and end the tour in the Square of the Martyrs.

Nature Journal Practice – In-person**Mondays, through June 6th from 1:30 PM to 3:30 PM****Please note there will be no class on May 30th**

Join artist and educator Susan Borsuk Us, for the remaining 5 sessions of this 6-session nature journaling exploratory practice. We will practice observation, grow curiosity & discover new ways to see through focused attention to the natural world. All levels of experience are welcome. You do not need to be an artist or a naturalist to begin, Susan will provide joyful, gentle guidance to get you going. Starter supplies provided. You will learn to record your observations with words, pictures & numbers. Nature journaling develops memory and enriches gratitude & reverence for the natural world. Class started April 25th, the cost of remaining classes will be prorated. Checks payable to the Town of Concord upon registration. Please call the COA to sign up.

**TEDtalks – Hybrid, In-person and on Zoom****Wednesday, May 18th at 10:00 AM**

TED is a nonprofit corporation devoted to spreading ideas, usually in the form of short, powerful talks. This month we will watch “A climate solution where all sides win” presented by policy entrepreneur Ted Halstead. Learn how a carbon dividends plan could trigger an international domino effect towards a more popular, cost-effective and equitable climate solutions. This and other supporting content will be shared. Following the videos, COA volunteer facilitator Pamela Dritt will lead a discussion. Please call the COA to sign up.

Celebratory Lunch with Heart to Home Meals

Tuesday, May 10th at 12:30 PM

The team at Heart to Home Meals is offering a free hot lunch to honor the seniors of Concord. Heart to Home meals are delivered frozen and can be stored in your freezer until you are ready to heat and enjoy! Come join the team for a free lunch, quiz, and prize give away at the Concord COA! Please choose one meal option: Crumb-Topped Cod in Lemon Sauce or Chicken Teriyaki. Space is limited, so please RSVP! Please call 978-318-3020 to reserve.

Book Discussion Group – In-person

Tuesday, May 17th at 9:30 AM

The book group, led by COA volunteer Phyllis DiMarzio, meets on the third Tuesday of the month. The book chosen for May is *Olive, Again* by Elizabeth Strout. “Olive is a brilliant creation not only because of her eternal cantankerousness but because she’s as brutally candid with herself about her shortcomings as she is with others. Her honesty makes people strangely willing to confide in her, and the raw power of Ms. Strout’s writing comes from these unvarnished exchanges, in which characters reveal themselves in all of their sadness and badness and confusion..”—*The Wall Street Journal*. New members are always welcome. Please note that the group will not be meeting June through August. Summer reading will be chosen in May. Please call the COA to sign up.

Genealogy Trip to the New England Historic Genealogical Society

Wednesday, May 18th; 9:30 AM to 3:00 PM

Our genealogy group will be visiting the New England Historic Genealogical Society in Boston on Wednesday, May 18th. The NEHGS library is one of the nation’s leading research centers for genealogists of every skill level. In it are housed millions of documents, records, artifacts, and other items that preserve and reveal our history. The group will leave the HWCC by COA van at 9:30 AM. There will be a presentation when we arrive, and we’ll have lunch nearby. There is a \$10 entrance fee for non-members of NEGHS and \$5 payable in cash to the COA van driver for transportation. The cost of lunch is on your own. We will return to Concord by 3:00 PM. This trip is open to 13 people; please call to sign up!

Acrylics Paint Class – In-person

Thursdays 10:00 AM to 12:00 Noon



Treat yourself to this creative pastime! Artist, Linda Malone, will guide you step by step on how to arrange your composition, mix colors, and complete a painting. This class is designed for beginners through intermediate students. All materials are provided by the instructor. Drop-in classes are \$30 per class or pay \$138 for any 6 classes. Please write checks directly to Linda Malone. You may join the class any time. Please call the COA to sign up.

Drop-In Seamstress Service

Tuesday, May 10th, from 10:00 AM to 12:00 Noon

Drop-In Seamstress Service is offered at the COA each second Tuesday of the month, between 10:00 AM and Noon. COA volunteer seamstresses, Tina Z and Lisa B, are available to repair garments in need of light mending. Each item brought for repair must be clean and fresh. If the seamstress is unable to make your repair immediately, she will take it and return it to the COA within a week. Requests may be refused if the job is too complicated. This service is offered on a first-come first-serve basis, limited to three items per visit, and is free of charge. There is no need to sign up.



Helping you through your next home transition, every step of the way.

Carrie Hines
M 978.505.1678

carrie.hines@compass.com

Nancy Allam
M 978.505.8865

nancy.allam@compass.com

MAY COA EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:00 Town Meeting	2 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 1:30 Nature Journal 3:00 Tai Chi (\$5)	3 9:00 Chair Yoga (\$5) 10:30 Quilting 10:30 Coffee & Conversation 11:00 Ping Pong 1:00 Bridge	4 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 12:00 LUNCH – In-person 1:00 Bingo 2:00 Ping Pong	5 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 2:00 Memory Training 4:00 Meditation	6 11:00 Public Policy 12:00 Cinema – People Like Us 12:30 Poker	7
8	9 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 1:30 Nature Journal 3:00 Tai Chi (\$5)	10 9:00 Chair Yoga (\$5) 10:00 Seamstress 10:30 Quilting 10:30 Coffee & Conversation 11:00 Ping Pong 12:30 Heart to Home 1:00 Bridge 1:00 Hearing Support 2:00 Falls & Balance	11 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 12:00 SPRING FLING 1:00 Bingo 2:00 Ping Pong	12 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 2:00 Memory Training 4:00 Meditation	13 9:00 Podiatry 11:00 Public Policy 12:00 Cinema – Forever My Girl 12:30 Poker	14 Swap off Drop off
15	16 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:30 Masterclass 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 1:30 Nature Journal 3:00 Tai Chi (\$5)	17 9:00 Chair Yoga (\$5) 9:30 Book Group 10:00 TEDtalk 10:30 Quilting 10:30 Coffee & Conversation 11:00 Ping Pong 1:00 Bridge 1:00 Race & Equity 2:00 Computer Security 4:30 COA Board	18 8:00 Yoga (\$5) 9:30 Genealogy Trip 9:30 BP Clinic – BY APPT. ONLY 9:30 Ask the Pharm - BY APPT. ONLY 12:00 LUNCH – In-person 1:00 Bingo 2:00 Ping Pong	19 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Vintage Racing 2:00 Memory Training 2:30 Sock Hop	20 11:00 Public Policy 12:00 Cinema – Rudy 12:30 Poker	21
22	23 9:00 Mat Yoga (\$10) 9:30 Aerobics (\$5) 10:45 Men's Mtg 10:45 Strength & Flex (\$5) 1:00 Hand & Foot 1:00 Musical Quiz 1:30 Nature Journal 3:00 Tai Chi (\$5)	24 9:00 Chair Yoga (\$5) 10:30 Quilting 10:30 Coffee & Conversation 10:30 Caregiver Support Group 11:00 Ping Pong 12:30 The King & I 1:00 Bridge 1:00 Race & Equity	25 8:00 Yoga (\$5) 9:30 BP Clinic – BY APPT. ONLY 10:00 Walk at Powder Mill Woods 12:00 LUNCH – In-person 1:00 Low Vision 1:00 Bingo 2:00 Ping Pong	26 9:00 Ask a Lawyer 9:30 Aerobics (\$5) 10:00 Acrylics 10:45 Strength & Flex (\$5) 1:00 Cribbage 1:00 Sustainability 2:00 Memory Training	27 11:00 Public Policy 12:00 Cinema – Finding You 12:30 Poker	28
29	30 COA CLOSED	31 9:00 Chair Yoga (\$5) 10:30 Quilting 10:30 Coffee & Conversation 11:00 Ping Pong 1:00 Kidney Stones 1:00 Bridge				

Patient Navigator Program

The COA has volunteer Patient Navigators that can help you prepare for your in-person or telehealth visits. The Patient Navigator can provide transportation and will accompany you to your appointment. They will be on hand to help take notes and remind you of what questions you might have wanted to ask. After the appointment, the Patient Navigator will meet with you to make sure that all the doctor's suggestions are clear and understood. Our volunteers understand the importance of confidentiality and are ready to help you! If you feel this program would be helpful to you, please reach out to the COA. There is no charge for this program.



ONGOING GROUPS, GAMES AND ACTIVITIES – Please call the COA to sign up.

Mondays

Hand and Foot – In-person at 1:00 PM – Similar to the game rummy, the objective is to get rid of all your cards.

Monday Men's Meeting – In-person from 10:45 AM to 11:45 AM – Note New Start Time!

This is a free informal group of men that chat and enjoy each other's company.

Musical Quiz Show with COA volunteer Jerry Hurley – In-person from 1:00 PM to 2:00 PM

Jerry is at his piano to play melodies and ask musical questions of the group. Build points as you float down memory lane.

Tuesdays

Coffee and Conversation – In-person from 10:30 AM to 11:30 AM

This a friendly group of men and women that get together weekly to have lively conversation

***** Ping-Pong – 11:00 AM to 12:30 PM – Additional play time added to the schedule! *****

Bridge In-person Tuesdays at 1:00 PM

Wanted: Bridge players, novice to experienced, to rebuild our Bridge Group here at the COA. Help is available for new or rusty players!! Please join us Tuesdays

Quilting Group – In-person from 10:30 AM to 12:00 Noon

Share ideas, get or give quilting advice or just come to chat while you work on your individual project.

Wednesdays

Genealogy Group – 1st and 3rd Wednesday from 9:30 to 11:00 AM with volunteer, Bob Bratzler. The group will meet on Wednesday, May 4th at the COA; and on May 18th they will visit the New England Historic Genealogical Society in Boston for research. See Page 8 for more information. Please bring your own laptop, if possible. Remember, ancestry.com is always available in our COA library.

BINGO! – Every Wednesday – In-person from 1:00 PM to 3:00 PM

Due to increasing attendance, we are now offering Bingo weekly. At only 25 cents per card and cash prizes it's a great deal, lots of fun and a way to spend a few hours with friends at the COA.

Ping-Pong – 2:00 PM to 4:30 PM – Also known as table tennis, 2-4 players hit a lightweight ball back and forth.

Thursdays

Cribbage – In-person at 1:00 PM – A game of strategy and tactics, you collect points by making runs or scoring combinations in cribbage.

Fridays

Poker – In-person from 12:30 to 2:00 PM – A game of luck and skill. Put your poker face on and play!

Public Policy – on Zoom from 11:00 AM – 12:30 PM

Join a group of lively conversationalists to discuss a range of topics related to current public policy. Please call for your Zoom invitation.

Ongoing Exercise Classes

Exercise with Julie - Aerobics and Strength & Flex – In-person

Mondays & Thursdays, 9:30 AM & 10:45 AM

Each class is \$5 paid directly to the instructor. Please call the COA to sign up even if you are a regular student.

Tai Chi – In-person

Mondays at 3:00 PM

Each class is \$5 paid directly to the instructor. Please call the COA to sign up.

Yoga with Annie – Hybrid In-person & on Zoom

Mondays at 9:00 AM, and Tuesdays at 9:00 AM

On Mondays, the 75-minute mat yoga classes are \$10, paid for a series of 6 classes in advance (\$60). On Tuesdays, the 60-minute chair yoga classes are \$5 each paid in advance for a series of 6 classes (\$30). A minimum of 12 participants are needed to run these classes. Please call the COA to sign up.

Yoga with Cathy – On Zoom

Wednesdays at 8:00 AM

Each class is \$5 paid directly to the instructor. Please call the COA to sign up.



COA Summer Day Trips



Here are the details of the trips that we mentioned in the last newsletter. Please be aware that prices have risen on food, event tickets, and transportation. We have done our best to keep costs as reasonable as possible. Reservations for all these trips may be made starting May 1st.

Thursday, June 9th, 2022 - Worcester Art Museum – Join us for a visit to the Worcester Art Museum with a private tour of the museum's galleries on Thursday, June 9th. We will leave the Harvey Wheeler Community Center at 10:15 AM. Since the museum café is closed, we will stop for lunch at Bertucci's at the Solomon Pond Mall on our way back to Concord. Transportation is by COA van, so the maximum allowed is 13 people. The total cost of the trip including Museum admission with tour, and van transportation \$20 per person. Please pay in cash or check payable to the Town of Concord. Lunch is on your own - Bertucci's will provide separate checks. We expect this trip to fill up fast.

Sunday, July 10th, 2022 - Trip to Tanglewood with Boxed Lunch - It is a pleasure to offer a Tanglewood trip again! Unfortunately, the Apple Tree Inn, our favorite Lenox dinner spot has closed, so instead we are offering a boxed lunch that you can eat prior to the concert. The bus will leave Care One at Concord at 9:30 AM and arrive at Tanglewood around 12:45 PM and return to Concord around 7:30 PM. Bring your own chair or blanket to eat your boxed lunch on the grounds. You can bring your chair back to the bus before the concert starts at 2:30 PM. Seats are in the Tanglewood music shed. This year's program features Andris Nelson conducting the works of Sergei Rachmaninoff and Helen Grimes, featuring Håkan Hardenberger on trumpet. On the bus trip home there will be a rest area stop so you can pick up something to eat. The cost for this trip including transportation, concert ticket, boxed lunch and all gratuities is **\$168 per person - checks payable to the Town of Concord**. Payment is due within one week of reservation and is non-refundable. People attending this trip must be able to walk and stand for substantial intervals of time on uneven ground. Please indicate meal choice of Sliced BBQ Chicken Sandwich, Turkey Sandwich with Stuffing and cranberry, or Roast Beef on a Sub Roll with horseradish. A minimum of 30 people are needed.

Thursday, August, 18th, 2022 – “Mr. Holland’s Opus” at the Ogunquit Playhouse with Lunch at Warren’s. Join the COA to see *Mr. Holland’s Opus* on August 18th! The Ogunquit Playhouse is known for its Broadway-caliber shows. Before the show we will have lunch at Warren’s in Kittery, Maine. Lunch includes their full salad bar, choice of entrée, dessert and beverage. The cost, which includes coach transportation, lunch, show and all gratuities, is **\$148 per person, check payable to the Town of Concord**. Payment is due within one week of reservation and is non-refundable. This trip’s activity level is low, so it’s appropriate for most seniors. When you call to sign up, please ask about the meal choices that are being offered.

WEDNESDAY LUNCH

Starting in May we will no longer offer Grab & Go lunches from Minuteman Senior Services, and we will continue to expand our in-person lunches. There will be three in-person lunches served at 12:00 noon in the auditorium on May 4th, 18th, and 25th. **Reservations are required and the lunches are limited to 48 people.** There is a \$2.00 lunch fee. Please call the COA office at (978) 318-3020 to reserve your spot.

May 4th – Minuteman Senior Services / May Birthday Celebration

May 11th – Concord Friends of the Aging Grab & Go Spring Lunch – For more information see page 7.

May 18th – Brightview Concord River

May 25th – To Be Determined

Van Shopping Schedule

The COA is happy to provide a variety of shopping opportunities each month, but it is important that you call for a reservation in advance. You may sign up at any time. To ensure there is enough room, each shopper is limited to five (5) shopping bags. The van driver will help carry bags if you are unable to do so. There is a suggested donation of \$2.00 on all shopping trips. Masks are required on the van regardless of vaccination status.

Market Basket Shopping: Every Thursday starting at 12:30 PM

Crosby’s Marketplace Plaza: First (1st) and Third (3rd) Friday of the month starting at 10:00 AM

Trader Joe’s Plaza: Second (2nd) and Fourth (4th) Friday of the month starting at 10:00 AM

Town of Concord
Council on Aging
1276 Main Street
Concord, MA 01742

PRSRT STD
U.S. Postage Paid
Permit No. 51

(Label)

HOURS AT THE COUNCIL ON AGING
THE CONCORD COUNCIL ON AGING IS OPEN MONDAYS THROUGH
THURSDAYS, 8:30 AM TO 4:30 PM, AND FRIDAYS 8:30 AM TO 2:30 PM.

Concord Council on Aging Staff
1276 Main Street, Concord MA 01742
Telephone (978) 318-3020

Ginger Quarles, Director
Lauren Barretta, Assistant Director
Valerie Bertsch, Outreach Coordinator
Valerie Boggia, Geriatric Health Nurse
Tina Close, Activity Coordinator
Claudia Curran, Administrative Assistant
Chris Choate, Custodian

Nicole Saia, Social Service Supervisor
Vikki Jacobson, Volunteer & PR Coordinator
Hilary Norris, Outreach Coordinator
Dave Barry, Van Driver
John Goshdigian, Van Driver
Don McKinney, Van Driver
Marty Burque, Van Driver
Dan Simons, Van Driver